

Sourdough Girls and Wholy Living Order Form ~ FALL 2019 prices subject to change ALL GMO Free (unless noted)

GRAINS, FLOUR, OATMEAL and POPCORN All grains are chemical free or organic and GMO Free	Weight (lbs)	Price (\$)	Qty	Total Cost	SEEDS ~ NUTS ~ SWEETENERS ~	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold — hard white spring wheat berries high protein,	25 / 50	25 / 42			Chia Seeds - Black - Organic	1 / 5	5 / 20		
Bronze Chief Wheat — hard red spring wheat, 45# is a pail	25 / 50	25 / 40			Golden Flax Seeds — lowers cholesterol, omega oils	5' / 25'	8 / 33		
HEIRLOOM or ANCIENT Grains, Lower Gluten, non-hybridized Kamut — Egyptian grain, wheat substitute, soft bread Einkorn— Ancient grain, soft bread, lower gluten Red Fife Hard Wheat, Spelt— low gluten, complete protein	5 / 25 / 50 5 / 25 5 / 50 5 / 50	12/ 40 / 72 20 / 92 15 / 93 12 / 74			Pumpkin Seeds- Medium size, protein rich, eliminates parasites! Organic	5	22		
Soft White Pastry Berries — lower gluten/protein, for quick breads 7 grain Rolled NO FLAX, grind more for bread or for hot cereal	5 / 25 / 50 25	9 / 25 / 48 45			Sesame Seeds—make your own tahini, crackers, Org.	5	18		
9 Grain Mix Rolled w/ Flax Seeds- great for granola & hot cereal 9 grain mix w/flax seed, MEDIUM CRACKED, for bread/cereal	25	29 42			Sunflower Seeds - raw, unsalted, shelled, Organic	5 / 25	15 / 70		
Natural White Unbleached Flour , Wheat Montana Chemical Free Organic Type 00 White Flour—Pizza flour, no additives, white flour	10/ 25 / 50 50	11/ 25/ 49 70			Almond s- Please choose : Slivered, Sliced, Dry Roasted, Salted or RAW	5	39		
Regular Rolled Oats OR Quick Rolled Oats (PLEASE SPECIFY)	25 / 50	25 / 47			Brazil Nuts, # 2.5 new size!! Cashews — raw large pieces, roast for 15 minutes 225	2.5 5	29 38		
Certified Organic Rolled Oats Or Quick Oats (PLEASE SPECIFY) GLUTEN FREE Rolled Oats	25 / 50 50	40 / 75 75			Hazelnuts, whole, Choose: Raw OR Dry Roasted Peanuts - Dry roasted OR Salted, please Specify	5	49 13 DR/ 15S		
Corn - Whole for corn bread - Organic - non GMO	5 / 25	10 / 29			Pecans — medium Pieces or Halves, Please Specify	2.5 / 5	35 / 64 H 30 / 58 P		
Oat Groats - roll your own oats in the Roller Flake, Organic Steel Cut Oats— Organic	5 / 25 / 50	11 / 40 / 77 11 / 40 / 71			Walnut Pieces — Pieces OR Halves, Please Specify	5	27		
Whole Rye, Higher in protein than wheat, lower gluten, delicious	5 / 25	8 / 27			Peanut Butter, Creamy or Crunchy, salted, Natural	35#	88		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley— Organic, Oregon grown	5 / 25	8 / 22 9 / 32			Peanut Butter, Cream y or Crunchy, Organic, salted	22#	97		
Buckwheat Groats- gluten free, hulled, organic	5 / 25	16 / 65			Peanut Butter, Creamy or Crunchy, Natural, Lightly Salted	1 GAL	46		
White Quinoa (Keenwa) - Mill for flour, cook like rice GF, white Tri Color Quinoa, brown, red and white quinoa mixed, GF	5 / 25	18 / 73 20 / 86			Agave Syrup- Organic Dark Amber	1 gal	54		
Millet — serve like rice, excellent for restoring alkaline, organic	5 / 25 / 50	9 / 34 / 64			Honey- RAW , Clover , Organic, LOWER PRICE!!	1 gal	52		
Long Grain Brown Rice, Lundberg Family, ORGANIC Long Grain Brown Rice, Lundberg, Eco Farmed Short Grain Brown Rice, Lundberg, Eco Farmed	5 / 25	16 / 67 11 / 46 10 / 39			Honey, Mountain Wildflower — delicious, full of enzymes	1 gal / 40#	59 / 140		
WHITE Basmati Rice, ORGANIC WHITE Basmati Rice, Eco Farmed BROWN Basmati Rice, Eco Farmed WILD RICE Blend, Lundberg	5 / 25 5	19 / 82 13 / 56 12 / 51 22			Maple syrup' — Organic, delicious and very dark	1 gal	77		
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids' Multi Popcorn Organic , higher antioxidants than yellow popcorn	5 / 25	10 / 47 12 / 51			Molasses — Old Fashioned Sweet Table	32 oz / 1 gal	9 / 27		
					Molasses— Blackstrap, less refined so stronger flavor	32 oz / 1 gal	9 / 29		
					Evaporated Cane Sugar - Mix w/Molasses for brown	50	76		
					Coconut Oil - organic, no odor or flavor	1 or 5 gal	31 / 105		
					Coconut Oil - Extra Virgin, organic - Non Refined	1 or 5 gal	52 / 195		
					Shortening - Organic Palm Fruit, 18 month shelf life	4.5/ 33 lb	21 / 89		
					Avocado Oil, high smoke point Olive Oil, Extra Virgin, Organic, High Quality Sunflower Oil, Organic	32 oz / 1 gal 1 gallon 1 gallon	19 / 48 40 33		

CHOCOLATE ~ BAKING ESSENTIALS ~ DRIED FRUIT

BEANS ~ SOUP FIXINS ~ SALTS ~ MILK ~ VINEGAR

	Weight	Price	Qty	Total
Arrowroot Powder-use like comstarch & in deodorant	1 / 5	8 / 16		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda	5 lb	20 12		
Milk Chocolate chips, contains dairy and soy, addicting!	5	29		
Dark Chocolate 70%, <u>soy & dairy free</u> , organic, Regular	2.5 / 5	22 / 37		
Semi Sweet, soy& dairy free,56%, Choose: Regular or Mini Organic	2.5 / 5	20 / 36		
Dark Chocolate Chips, Organic, But does <u>contains soy</u>	5	34		
STEVIA SWEETENED Chocolate chips, Lily's, Dark Chocolate	9 oz	7		
Cocoa Powder—10-12% Dutch cocoa, Cocoa Powder— 10-12% , Organic, fair trade, very rich	5	22 33		
Dough Enhancer — extends shelf life, Contains GMO	1	8		
Sunflower Lecithin, use in place of dough enhancer/gluten	16 oz	8		
SAF Yeast—makes 80 loaves of bread	1	5		
Vegalene Pan Spray — Aerosol, lasts & lasts, may contain GMO	14 oz	9		
Vital Wheat Gluten	1 / 5	5 / 17		
Pure Vanilla Powder use tsp as tsp Vanilla Extract , Four Fold, 4 types of vanilla beans used Vanilla Extract, Organic	1.5# Powder 16oz / 32 oz 16 oz/ 32 oz	25 16 / 30 27 / 50		
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz/ 1.5 #	12 / 20		
Real Maple Extract— great for camping mixes/oatmeal packets	8 oz / 1.5#	12 / 20		
Nutritional Yeast - adds nutrients to baked goods, or popcorn	1	11		
Apples, Soft, skinless, sulphured Apricots - DICED, sulphured, in rice flour, Apricots— Whole Turkish, sulphured	5	38 17 23		
Cherries - Dried Bing —not sweetened, unsulphured	5	59		
Coconut - chipped, larger pieces, organic , unsweetened Coconut— Medium flakes, unsweetened, organic	5 / 25	26 / 76 22 / 68		
Cranberries— Sweetened with Apple Juice	5	29		
Dates, Pieces rolled in GF oat flour, unsulphured Dates, Whole pitted, organic, unsulphured Figs, white, soft and delicious, organic	5 5 1 / 5	17 25 10 / 43		
Pears, natural, unsulphured Peaches, natural, yellow, unsulphured Prunes, pitted, unsulphured	2.5 2.5 5	27 28 33		
Raisins - Golden, sulphured Flame Raisins, made from red grapes Thompson, Organic Current Raisins, very small in size	5	22 19 23 23		

DRY BEANS ~ 5# & 25# SIZE ~	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	12 / 54		
Red Kidney - Organic	5 / 25	14 / 66		
Pinto ~ Organic	5 / 25	12 / 55		
Garbanzo - Organic	5 / 25	12 / 54		
Green Split Peas - Organic	5 / 25	10 / 40		
Great Northern - Organic	5 / 25	14 / 60		
13 Bean Fiesta Mix—prepare with broth & veg stew	5	12 / 55		
Green Lentils—Organic Red Lentils—Organic, product of Turkey	5 / 25 5 / 25	12 / 51 14 / 63		
Beef Broth Mix OR Chicken Broth Mix OR Vegetable Broth Mix CHOOSE which one , gluten free	1	7.50		
Dehydrated Veggies—carrots, celery, tomatoes, peppers, spinach Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11		
Dehydrated Potato Slices Pail - great in spud casseroles	7	40		
Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious!	7	40		
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 / 5	9 / 46		
Celtic Sea Salt Crystals -coarse for grinders, dissolves in liquids	5	23		
PINK Himalayan Salt - FINE COURSE, for use with a grinder	5 / 22 1	13 / 52 7		
Real Salt—similar to Celtic but harvested in Utah	26 oz / 25	10 / 91		
Whole Milk Powder, Organic	26 oz / 5 #	18 / 51		
Buttermilk Powder— use for light/fluffy baking	5	16		
Coconut Milk Powder- shelf stable, organic Coconut Milk Canned, NO Guar Gum , (Organic \$44 case)	1 / 5 case of 12	12 / 53 30		
Morning Moos Chocolate Flavored Protein Powder— hot or cold (#10 can only in chocolate available) Morning Moos Milk Flavored Protein Powder #10 can / Pail avail.	#10 Can = 5 gal Pail makes 50 gal	21 choc 20 milk 150 milk pail		
Apple Cider Vinegar, Organic, Raw	1 qt / 1 gall 5 gal	6 / 18 / 75		

TOTAL PAGE 2

<p align="center">Sizzle Pressure Pots by BRK Lifetime Guarantee– 10 Year Free Replacement Parts ~ Pots are Stainless Steel for all cooking surfaces except in oven ~Save Time and Energy –cook in half the time, easy cleanup ~Perfect Gift for Mothers Day, Graduation, Wedding, etc</p>				
	Price	Quantity	Total	
Four Liter Pot with Pressure Lid Green Orange Black (choose a color)	129			
Six Liter Pot with Pressure Lid Green Orange Black	139			
Eight Liter Pot with Pressure Lid Green Orange Black	149			
Ten Liter Pot with Pressure Lid Green Orange Black	159			
Perforated basket keeps food off bottom OR non-perforated for custards	40			
<p align="center">Sweet Tooth Healthier Treats all treats are GMO free and Fair Trade</p>				
Dark Chocolate Coconut Chews— Or Lemon Coconut chews, CHOOSE	1	10		
MINI Peanut Butter Cups– Organic	1	11		
Rainbow Drops (vegetable or fruit dye, similar to M&M's)	1 / 5	8 / 37		
Watermelon Rings, Organic, fruit juice/sugar, gluten free	1 / 5	10		
Yogurt Covered RAISINS or PRETZELS, Choose	1 / 5	8 / 35		
Gluten Free, Coconut Items, Spices and Pasta	Size	Price	Quantity / Total	
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index,	5 / 25	22 / 88	/	
Coconut Flour– Organic	5	16		
Coconut Aminos, Raw Organic, Great soy sauce substitute	16 oz /1 gal	12 / 63		
Bragg's Liquid Aminos, non gmo soy	32 oz /1 gal	11 / 35		
Almond Meal / Flour - BLANCHED	5	37	/	
Corn Starch, Organic	1 / 5	7 / 28		
Potato Starch,	5 / 25	16 / 63		
Sorghum, Grain OR Flour, organic	5 / 25	10 / 35		
Tapioca Starch, Organic	5 / 25	13 / 54	/	
Xylitol - alternative sugar made of birch	5	35		
Gelatin, Beef, unflavored, use in yogurt, jel lo , custards, etc..	1	11		
Erythritol, no additives, sugar alcohol, not toxic to dogs like Xylitol, NEW	5	31		
Buttermilk Ranch Dressing Mix, add 1T to 8 oz sour cream, milk, yogurt		8		
Cinnamon, Organic		10		
Cumin, organic OR Cayenne, 140,000 HU		14 / 12		
Curry, Mild, Organic		11		
Chili Powder, Medium	1	8		
Garlic, CHOOSE: Granules OR Powder, Organic		8		
Italian Seasoning		10		
Onion, CHOOSE: Minced Or Powder, Organic		13		
Seasoning Salt, uses real salt and no msg, like Lawry's		10		
Taco Seasoning, uses real salt, no msg		10		
Turmeric, Ground , Organic		8		
SESAME STICKS, Choose Salted or Honey roasted	1 / 2.5	6 / 12.50		
Total Consumables page 3				

<p align="center">STORAGE CONTAINERS & KITCHEN TOOLS</p>			
Item	Price	Quantity	Total
6 gal. round white pail with standard lid 5 Gal Rectangle bucket, with hinged lid, hold 35#	9 Round 8.50 rect		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail and Lid, White (lid is a gamma lid) , great for 25# bags	5 10		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	25		
Mason 1/2 Gallon Storage / Canning Jars - Case of 6 with lids & rings	20		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish	Integrated	Into the	Pan!
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	15		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	18		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	30		
BAKING TOOL SET ~ Jumbo Silicone Wok Mat / Dough Divider, Scraper NEW Measuring Cups & Spoon set/ Stainless Steel 2 C Scoop	10 / 7 10 / 10 29 Set		
Digital Scale ~ Weigh dough, ingredients, proportions in gr, #, oz	25		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
COOKIE / ICE CREAM SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T , 4 T	18 each		
Deodorant Dispenser , roll on style, reusable - holds 2.5 oz Mix: 2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowroot	3 for 6		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour	45 5		
SILICONE MAT WITH PIE CRUST GUIDES	12		
THERMOMETER — For breads, meats, poultry - digital or needle face	10		
BREAD BAGS 100 in pack with Twisties	8.50		
Ceramic Butter Bell ~ keep butter fresh at room temp	9		
BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	45		
Bamboo Utensil (stirring)	7		
Bamboo Cutting Board 12 x 10 / 16 x 12	17 / 20		
Tortilla press, 8# press,	26		
Corn Masa, organic, for corn tortillas or tamales. 5#	12		
TOTAL NON CONSUMABLES			

BOSCH & L'CHEF PRODUCTS			
Item	Price	Quantity Or Circle your Choice	Total
Nutrimill Harvest Grinder- Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten Free Kit (silicone cover that makes the Harvest a gluten free grinder)	279 45		
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: sold separately ICE CREAM MAKER— fits Universal Plus model not older models SPIRALIZER— make curly fries or veggie noodles, 3 blades	389 49 50		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook Oversize Slicer/Shredder sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S	125 15 75 20 30	Slicer Shredder Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse Sausage Stuffer-3 tube sizes Lightweight Meat Grinder, not for heavy use	149 50 79	Grinder Stuffer Light grinder	
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	35 32 25 15	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	105 30	Food Proc Juicer	
Bosch Blender — 6 C workhorse, must for a Bosch owner! Bosch blender, vacuum seal, Bosch Pasta Roller—makes lasagna fettuccine, and angel hair Bosch Pasta extruders-uses meat grinder	75 60 175 189		
Coffee / Seed / Herb Mill - Very Stylish new look	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
Roller Flake OR Family Grain Mill Manual Hand base for flaker or Mill OR attachment for Bosch	125 ea 35 ea		
Personal Bosch Blender, Red base, 2 smoothie jars and bonus seed jar, can use blades on mason jar too	45		

Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!	Unit Price	Total Cost
Universal Plus, Harvest Stone Mill DELUXE PKG~ Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1133.50 Value	\$999 Or \$250 4 paymts	
Artiste Mixer, Harvest Stone Mill, Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 4 paymts	
Bread Making Starter Kit - Supplies for 20 loaves of Bread + 2 Regular Loaf Pans, Vegalene, SAF, 1# D Enh 10# Prairie Gold, 5# Spelt, 5# Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$103.50 Value	99	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$227 Value	210	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ .purchase both & get the Bread Starter Kit for \$50 \$1499 Value \$999 + \$249 + \$50 = \$1298	1268 Or \$325 4 paymts	

Please return this form or your order by
Monday, OCTOBER 7
To receive 10% off Consumables
Please pay 50% or All by October 14th!!

Fawn Dixon –Sourdough Girls
662 Moran Dr.
Fairbanks, Ak 99712
907-378-0751 text/call
sourdoughgirlscreate@gmail.com
We accept cash, credit card, check or PayPal
(payable to Sourdough Girls)
PayPal Acct. fawndixon@hotmail.com
50% payment is due by Oct. 14th or your discount will be forfeited!
Order is Due October 7th!

Page 1	
Page 2	+
Page 3	+
Consumable Subtotal	
Subtract Savings 10%	-
Consumable Total	=
Total non Consumables	+
Final Total	=

Name:		
Address:		
City:		
Zip:		Phone:
Email:		